January 29, 2021
Issue #39

Pastor Marie Duquette of King of Kings Lutheran Church

The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

Photo by Christian Dubovanl on Unsplash

The Crazy Wisdom Weekly

Pastor Anna Taylor-McCants, soon to join King of Kings Lutheran Church is launching FedUp, a new justice-oriented food truck ministry that will literally bring the church in the form of meals to various neighborhoods on a regular basis. Read more about the King of King's community on page 5.

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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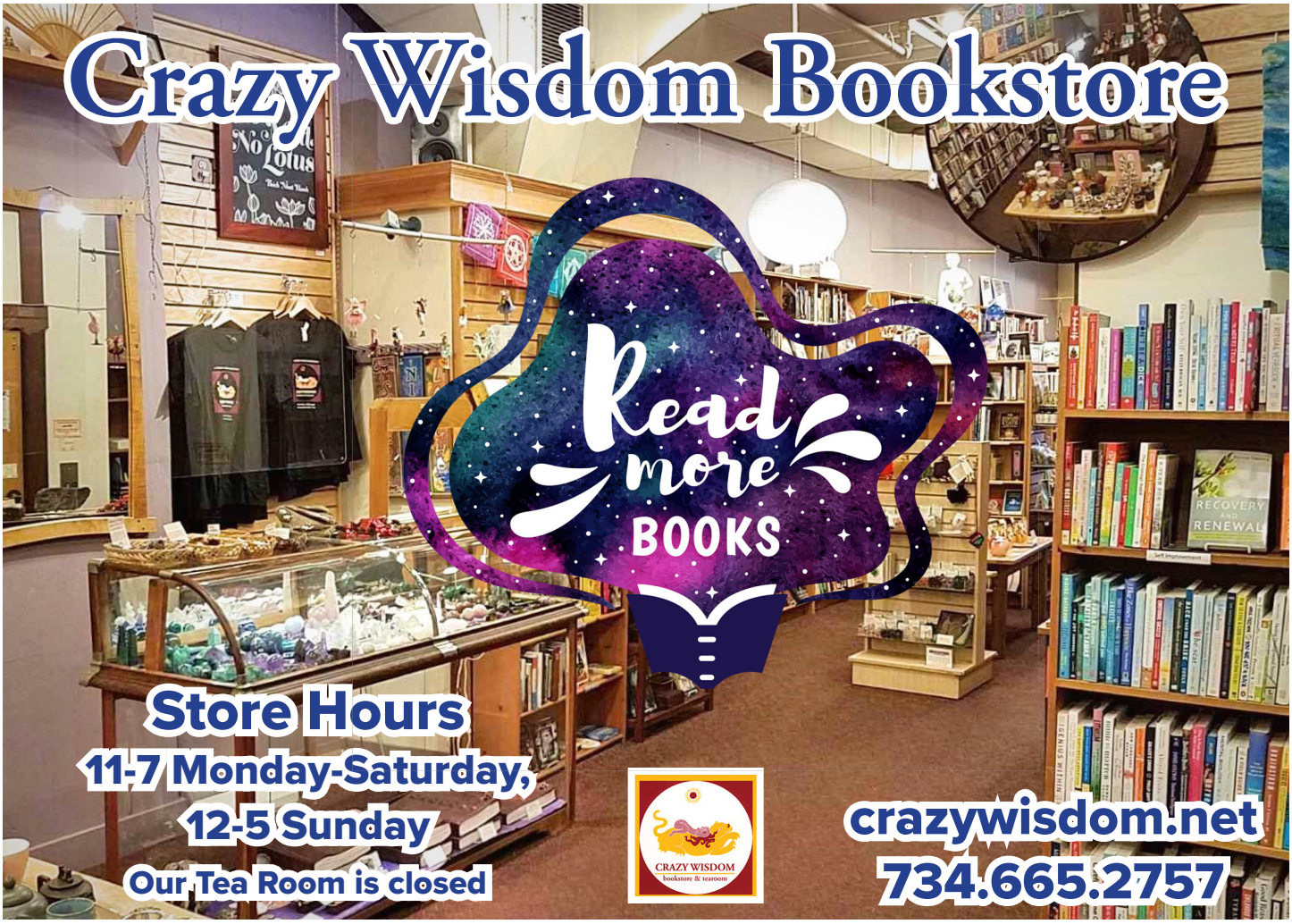

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Marie Duquette
Moira Payne
Ed Sarath
Valerie Brighid Snowden
Angela Madaras
Kim Gray
Carol Karr
Jennifer Carson
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

What's Up In Our Community

Marie Duquette is the Pastor at King of Kings Lutheran Church in Ann Arbor. We asked her a few question about her perspective on the pandemic through the lens of a spritual leader.

Pastor Marie Duquette

As you look at it in this new year, 10 months into the pandemic, what strikes you most about it, in terms of members of your spiritual community?

Two things come immediately to mind: 1) I have been pleasantly surprised at how receptive our community of faith has been to necessary change. We moved all of our services on line on March 15th. Two weeks later, we moved from livestream on Facebook to having a YouTube Channel called BeYeLifted! BeYeLifted is an online worship experience that depends on many people recording themselves reading, singing, playing instruments, and even dancing. We incorporate photos and video footage current to the day. Most of our congregation is now involved in contributing to this weekly service by submitting their audio, video, or still photos. More people actually are involved in leading worship now, than were before we moved online. I believe BeYeLifted is a unique online worship offering and I am grateful to have such a committed community to make it happen weekly.

2) We opted to sign an agreement to stand in solidarity with churches in Detroit for whom the Covid-19 virus had deeper and more far-reaching effect because of the higher percentage of black people in those communities, and the systemic racism that limits their access to healthcare, insurance, and the ability to work from home. The agreement states that we will not gather for worship in person in our sanctuary until they are able to do so as well. In the meantime, our ongoing studies of racism in all forms, and our commitment to inclusivity and embracing diversity have become more refined and intentional.

In both of these observations, I see faith and commitment to our community expanding. This has been an unexpected surprise, that people would accept what IS, and even more, that they would participate in it quickly and continuously.

Were there distinct pleasures of the holiday period, for your family? And for your community?

Our Christmas Eve service was a labor of love by so many people that it literally took my breath away – and I knew what was coming because the producer of our worship is my partner. I think that every phone call, video call, conversation was noteworthy by the attention the participants paid to one another. There was a real sense of, this isn't what we want, but we are going to love what we have, which is still, one another, even from a distance.

Also, on Christmas Eve at 5:00 p.m. about 30 of us gathered in a parking lot, outside in the cold, facing the cancer wing at U of M hospital. We brought electric candles and sang a few hymns, ending with Silent Night. To my surprise, one member brought a table and set up a hot chocolate bar with different flavorings and gifts because it was also my birthday. The love I experienced for the patients we did not know, and for one another was palpable. And the whole thing took less than half an hour.

continued on the next page...

In your particular community, what can you tell us about how the pandemic has affected school-age-children? And what about the seniors in your community?

Some children and seniors have adapted as well as we could hope to having technology be our primary vehicle of communication. Others are clearly suffering because they are limited in their ability to keep up with, or learn technology quickly, or because they simply are energized by being with people, the more the better. We do have an active prayer group who has been calling members, especially those who live alone, and delivering care packages that include homemade wafers for communion, candles, prayers, and other items to help people practice their faith at home. Another group has been dropping off craft gifts to the children periodically that are tied into the season of the church and the Sunday lessons. Both groups also record for our weekly service. So, I think it has certainly been harder on some children and seniors, and, I think we are doing what we are able to do to help them get through this time.

The Ann Arbor area is a prosperous bubble, but not for everyone, and also, we are surrounded by other cities and towns that are less prosperous. Please give us a sense of the challenges you have been witness to, among members of your community?

An increase in food and housing insecurity is noticeable. We have a little food pantry outside. It is filled and emptied on the philosophy of: Have some, leave some; need some, take some. In December, we were refilling the pantry DAILY. More than once in a single week, I arrived at church to find it completely empty. That had never happened before Covid-19. The people who stock it put out a call for more food and not only did our faith community respond, but Manzanitas Preschool, our neighbors down the street, also initiated a food drive for the pantry. The teachers and preschoolers brought groceries in wagons to refill the outdoor food pantry and left plenty for restocking it in the days to come.

Pastor Anna Taylor-McCants

We also just called Anna Taylor-McCants to be our pastor of mission development. Anna just graduated with her Masters of Divinity and will be ordained on January 30th. She is launching FedUp, a new justice-oriented food truck ministry, that was the brainchild of Pastor Sara Freudenberg. FedUp will literally bring the church in the form of meals to various neighborhoods on a regular basis. King of Kings has called her because we want to support this ministry and this new pastor and her family. Anna and her wife may have had fewer opportunities for a first-call because some congregations are not yet inclusive of LGBTQIA people, despite the fact that she is a gifted pastor who would be a blessing to any faith community. Our calling her is another example of how the members of this community rose to the challenge of participating in feeding people through FedUp and providing a safe, encouraging congregation for Anna and her family to continue their journey of faith.

What have been the gifts of these pandemic months, from your vantage point?

There is no doubt that those of us who are still here to tell the story have a greater awareness of just how privileged we are. I have talked to many colleagues, who, like myself, have been able to adjust to doing things online from our homes. Every time I pick up groceries that I ordered online, or see a bus or a semi go by, transporting people and products, I am reminded that staying home is not an option for all.

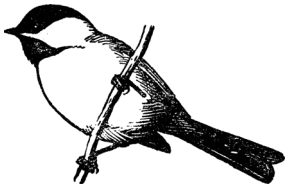
This more constant awareness, I believe, has increased our sense of compassion and our desire to better understand one another. Holiday greetings were filled with thanksgiving for our frontline workers. We pray for those working in healthcare, food distribution, and other industries whose ongoing efforts benefit everyone, including those staying home.

A second gift is that collaboration with other faiths, other churches, and my colleagues has skyrocketed. This is absolutely necessary as we move into the future, and it has been a joy and a comfort to feel less alone in the work we all do.

What spiritual insights have most moved you during this time?

When I was ordained 18 years ago, I spoke often of a church without walls. I wondered how we might take the Gospel to those who could not or would not, for any reason, come to a church. I believe this is the ushering-in of such a church. The church as a body has much work to do in terms of listening to the unheard; making reparations for past actions; and repenting of our complacency and complicity in things like systemic racism, the removal of Native American children from their homes and forcing them to attend white Christian boarding schools where they were taught to deny who they were; and treating LGBTQIA people like they were condemned by some nebulous sin rather than celebrating their presence. The Good News is that it seems like an increasing number of people are beginning to understand the damage the church has done to communities, and are willing to own that history, and learn more about how we include that knowledge in the choices we make as a body today.

The challenge to the Future Church will be to see that those who have no connection to the church, or have only been hurt by it, understand that there is a large swath of faithful people who understand this and are seeking to make amends. For far too long the churches on the extreme right, who are known as “evangelicals” but are more rightly named “fundamentalists” or “dispensationalists”, who use scripture selectively to support their own vision of the world, have had control of the narrative of Christianity for far too long. It is time for those who believe that the commandment to Love One Another includes all people to get the word out that extremists do not speak for all of us, nor is their theology consistent with the whole Gospel of Jesus Christ. I look forward to being part of making this happen.



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Honoring Our Ancestors

By Moira Payne

From Issue #76, Winter 2021

I was 18 years old when the telephone rang. My grandmother had passed. In a moment of stunned disbelief—this was my first experience of death in our family—I was also informed that in two hours my flight would leave for Boston. There was much to be done and very little had to do with processing emotions. I had to arrange for someone to cover a shift at the restaurant where I was waitressing, contact my college about missing class, find someone to care for my cat, and pack a suitcase. I had never been to a funeral, and my only reference was the movies. Yet, somehow, I managed to sort it all out and found myself surrounded by family, all mourning my grandmother.

My father was an only child and the center of my grandmother's life. One of my most vivid memories of her is that she always cooked for him, even though he lived in Michigan and she lived in Chelsea, Massachusetts, just north of Boston. Each time he visited her he would bring home a green vinyl suitcase filled to the brim with tin-foil rectangles and plastic containers frozen solid. She made enough blintzes, kinishes, kreplech, latkes, and matzoh balls to feed our entire family and any guests we had, filling her freezer until it was time to give it all to her son. Everything was prepared perfectly and with such love.

On the night of her passing, he had just arrived for his visit. They went out to dinner, just as they did each month, and late that night she transitioned. The following day was her funeral. There was a blizzard that morning; pure, glistening snow covered the earth, and I listened as relatives recalled humorous stories, shared touching moments, and recognized my grandmother's courage in life. I discovered things about my grandmother through the stories on this day that I had never known. Years later, it was my father's pain that I remember the most from that day, and my feelings of helplessness as I stood nearby.

The next day, I remember packing up her belongings, watching as her entire life was placed in boxes to be sent, brought with us, or given away. We also packed up the green vinyl suitcase for the last time, knowing that she had cooked for him right up until her passing. On the flight home, I recognized that this might be my last trip to Boston—my last time seeing my distant family. It was.

Decades have passed, and since then I have been to many funerals. I have watched as friends have sorted through the various arrangements, driven by traditions and wills, as they have buried their friends and loved ones. I have witnessed the desire for perfection in those arrangements as people pay their respects—and I have witnessed the stark coldness of grief in the aftermath. For when the activity is done, the grief remains. When the time is right, one of the things that we can do is honor those who have passed. In my home, I have an ancestor altar. I started it years ago, putting up pictures of my late relatives, and then, as time passed, my late friends. I added protection statues that were significant in my tradition: crystals, heirlooms, letters, and other odds and ends that reminded me of those who have passed.

My ancestor altar has become a sanctuary to which I gravitate when I need to be enveloped in peace. I find myself smiling through the veil that separates life from death as I seek answers from those who were wise. This is where I go to be close to my grandmother again. I feel her presence there and remember the stories that were told as I gaze on her pictures. At times, I feel I can smell her cooking and even hear her laughter.

I never place pictures of people who are still living on my ancestor altar. Some traditions stress that the ancestor altar should never reside in your bedroom; some say the altar should face west. Some deem the altar should be in a private place; others mandate a position of prominence. My altar has moved many times, and I feel that you can decide what works right for you in your own home. As our lives change, our altars change, and our situations dictate what feels right at that time. Cleansing this space is important, both physically and energetically. I remove all of my items periodically and wipe everything down. I use incense as a smoke cleanse and play music in the background. I play music from my grandmother's era when I want to feel a deep connection to her, and at other times I play songs of healing. I use an altar cloth underneath and place each item back, taking care to place them in a particular way.

Birthdays, holidays, and other dates may prove to be the most difficult for those who are still in the process of grieving. This may be a good time to honor your ancestors in other ways. Fix their favorite meal, placing a small portion on the altar overnight. Beverages can also be placed on the altar, such as a glass of water that is replenished every few days. Flowers can be placed on the altar as well. When these offerings are ready to be discarded, I find they are best to be returned to nature.

Speaking aloud to your ancestors is important. Read to them from favorite books, scriptures, or letters. Saying their names will help with the connection. I keep a bowl on my altar, filling it with scrolls of paper upon which I have written things—requests for help, declarations of forgiveness, and petitions on my behalf.

Read the rest of the article online.

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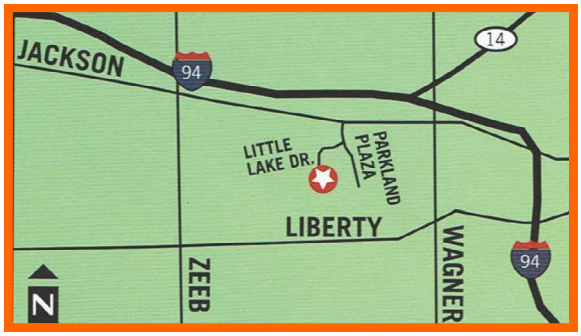

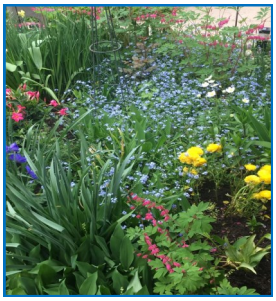

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From Our Blog

Black Music Matters...Jazz and its Impact On Society

By Ed Sarath

I always get a kick out of seeing how startled individuals outside of music studies are when they learn that the vast majority of music majors in America graduate with little, or more often, no skills in the primary creative processes of improvisation and composition, nor in the African American musical heritage that is arguably America's primary cultural contribution to the world.

Imagine an art major graduating without a portfolio of paintings, drawings, sculptures, or designs. As bizarre as this hypothetical predicament may seem in the visual arts, the parallel in music is unfortunately the prevailing reality.

In my book, Black Music Matters, I advance an entirely new vision for music studies in which jazz plays a central role. However, the point is not to replace the prevailing focus on European classical music with one on jazz. Rather, I argue that inherent in jazz are the creative foundations needed for a broader kind of musical navigation that extends from African American roots across wide ranging cultural horizons. I argue that a deeper penetration into the European classical tradition may even be possible through the reconceived framework. Indeed, Bach, Mozart, Beethoven, and many musicians of their times were contemporary improvisers/composers-performers. Jazz is therefore the manifestation of this artistic identity in today's world.

A jazz-rich music studies paradigm has the capacity to impact the broader educational world and society at large. There is growing interest in improvisation as a core creative modality across fields as disparate as architecture, business, education, law, and medicine, with jazz often viewed as a primary source of inspiration and guidance. I take the creativity-driven interest in jazz a step further in delving into the spiritual dimensions of the music.

The jazz tradition boasts a long legacy of musical innovators who were also engaged in meditation and related contemplative disciplines to deepen and integrate the transcendent experiences glimpsed in their improvisatory excursions into life as a whole. Alice Coltrane, John Coltrane, Herbie Hancock, Wayne Shorter, and Mary Lou Williams are a few among a long list of jazz exemplars of this principle.

The genre's creative vitality and scope represents what I call a richly differentiated soul pathway. In other words, improvising, composing, and untold other aptitudes yield channels by which spirit can flow and permeate the awareness of performers and listeners.

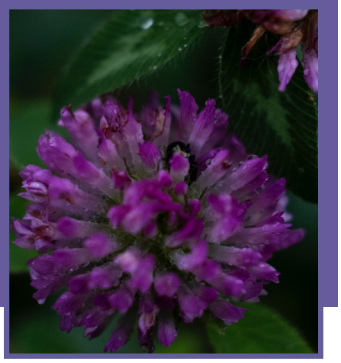
The combination of improvisatory creativity and contemplative silence thus represents a powerful template for individual and collective growth that extends far beyond music.

Jazz has a lot to teach us about the nature of human consciousness and its relationship to the cosmic wholeness. Invoking a non-dual view of consciousness that is inspired by an emergent worldview called Integral Theory, and which is compatible with wisdom traditions across the globe and from time immemorial, I advance the viewpoint that improvisation is inherent in the nature of the cosmos. Human beings are co-evolutionary participants in an improvisatory cosmic unfolding. I draw connections to contemporary spiritual conversations and suggest that jazz represents the ascent of the divine feminine.

If there is any hope for the future of the world, the 7-plus billion member improvising ensemble called humanity needs to function with the same kind of creative and spiritual vitality as a small improvising ensemble.

Ed Sarath is a professor of Jazz and Contemporary Improvisation at the University of Michigan. His book, Black Music Matters, explores jazz as a catalyst reaching beyond music and into creativity, human consciousness, spirituality, and educational reform.

Midwest



By Valerie Brighid Snowden

I grew up in the Midwest. The Midwest isn't anywhere, it's a place people come from. If they can. Land-locked, we pretend lakes are great seas and rivers will take us somewhere if only we
would go.

I started driving long-distance at a young age. A two-week, three-days-drive each way, solo to California and back to Minnesota between the purchase of my graduation present and the start of my senior year at the University of Minnesota.

I had cornered my father with the indisputable logic that driving the first thousand miles or so on my new engine at a steady 55-60 m.p.h. would break it in perfectly. Perhaps you have never
thought about breaking in an engine. I have. I do. I think too much, but then, so did my Dad.

I skillfully led him into a position where "scientifically speaking" or "engineering-wise" he almost had to insist that I drive to California. Science has advantages if you know how to use it.

So I went to California. With my dead grandmother's pearl-handled Baretta tucked deeply into the glove compartment of my brand-new, bright yellow Honda Civic.

The trip itself was relatively uneventful. The feeling of freedom that open-road-trip gave me was a gift never to be forgotten.

I am from the Midwest. From now being the operative word. I left. There are two types of Midwesterners: those who leave and those who don't. It is a comfortable place to be from and return to. Fireplaces and hot cocoa with family and friends draw me back even now.

Hot tubs and saunas with crystalline flakes falling. Lit by moonlight into diamonds in the air that cut the skin and seize the breath. The beauty of that flat, cold, harshness beyond all reason.

I can't claim any particular courage in myself in leaving. Hawaii gave me no choice: stay here and heal or go home to die. The full moon rose over the ocean as I stood on the rocks alone.

The darkness as magnificent as the light shining down. The sound of the ocean ebbing and flowing and as constant as life itself.

Pele spoke to me that night. And challenged me, and in answering her challenge I became hers.

I knew at that moment that I wasn't leaving Hawaii. That something was happening. That if I had any chance at all of healing from Lyme disease I would find it here. So I stayed. For four years I followed intuition. I climbed steep paths to hidden temples. I followed streams to sacred waterfalls. I drove down rutted roads to solitary beaches. I watched, I waited, I did what was asked of me, and kept my visions to myself. I saw and felt, ate, drank, and lived Hawaii.

The Shaman had written books and I had read them. Had taught and I had learned. And, in the moment that he put his hands on me in sacred circle, I was healed.

And I stayed.

You can drive around the entire Island of Hawaii in a single day. I know, I have done it. The light of the moon is so bright it makes moonbows in the drizzly night air. You can swim and look up out of the ocean to see the snow on Mauna Kea.

Beauty so intense it would break my heart every day.

But it wasn't home.

One day I looked out over the elephant grass and thought "That should be corn." Another day I realized it was December and thought "There should be snow." I found myself longing to drive for hundreds of miles in a straight line as I had to California so many years ago.

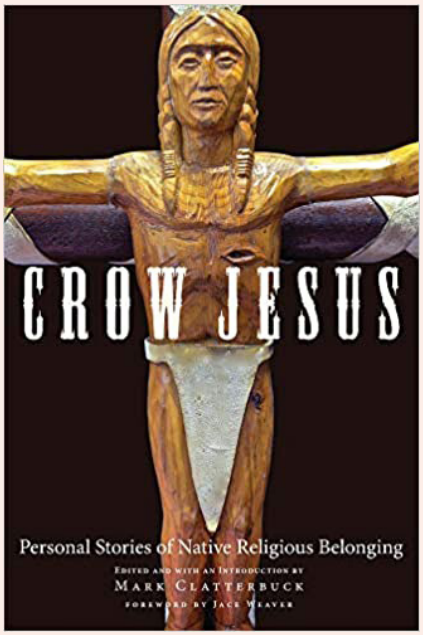
I wanted to go home. So I returned.

To snow and falling leaves, the turning of the seasons so precious and rare. To hot summers and cold winters. To twilight and daylight savings time. To cocoa and fireplaces and family.

When I tell people I have moved back recently, they ask me from where? I ask them not to laugh, but they always do. "Why?" they ask. "It wasn't home," I say.

You see, I'm from the Midwest.

Crazy Wisdom Book Pick of the Week


CROW JESUS
Personal Stories of Native Religious Belonging
Edited and with an Introduction by
Mark Clatterbuck
Foreword by Jace Weaver

Crow Jesus: Personal Stories of Native Religious Belonging

Crow Christianity speaks in many voices, and in the pages of Crow Jesus, these voices tell a complex story of Christian faith and Native tradition combining and reshaping each other to create a new and richly varied religious identity. In this collection of narratives, fifteen members of the Apsáalooke (Crow) Nation in southeastern Montana and three non-Native missionaries to the reservation describe how Christianity has shaped their lives, their families, and their community through the years.

Among the speakers are elders and young people, women and men, pastors and laypeople, devout traditionalists and skeptics of the indigenous cultural way. Taken together, the narratives reveal the startling variety and sharp contradictions that exist in Native Christian devotion among Crows today, from Pentecostal Peyotists to Sun-Dancing Catholics to tongues-speaking Baptists in the sweat lodge. Editor Mark Clatterbuck also offers a historical overview of Christianity's arrival, growth, and ongoing influence in Crow Country, with special attention to Christianity's relationship to traditional ceremonies and indigenous ways of seeing the world.

Purchase your copy of *Crow Jesus: Personal Stories of Native Religous Belonging* at Crazy Wisdom Bookstore.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson,
and Rainey Lamey

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions
are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

January 27 - Hedy Habra is a polyglot essayist and artist whose third book of poems, *The Taste of the Earth*, won the Silver Nautilus Award. *Tea in Heliopolis* won the USA Best Book Award and *Under Brushstrokes* was finalist for the International Book Award. She has lived in Egypt, Brussels, and now Kalamazoo. Her website is hedyhabra.com

February 24 - Patricia Hooper is author of *Separate Flights* and *Wild Persistence*—the most recent of her five books of poetry. Her poems have appeared in *The Atlantic Monthly, Poetry,* and *Kenyon Review*, and have won six major awards. She is a U. of Michigan alumna and now lives in Gastonia, North Carolina.

February 24 - Dannye Romine Powell, newspaper editor and author of *In the Sunroom with Raymond Carver* and four other poetry collections, often depicts troubles with close relatives. She has published in *Ploughshares*, *Paris Review*, and *Poetry*. She once occupied the former bedroom of Sylvia Plath during a residency at the Yaddo Foundation's mansion.

March 24 - Ken Meisel, is a psychotherapist and author of eight books of poetry. With tender, grave empathy, *Our Common Souls: New & Selected Poems of Detroit* traces the conflicted searches for hope, sense of connection to place, and material and social problems embedded in the landscape of his deindustrialized city.

March 24 - Jeff Vande Zande has published four novels including *American Poet*, which won a Michigan Notable Book Award from the Library of Michigan. His story collections are *Emergency Stopping*, *Threatened Species*, and *The Neighborhood Division*. He is also a film maker, teaches at Delta College, and has a blog at www.authorjeffvandezande.blogspot.com

April 28 – Celebrate National Poetry Month!
The peer-to-peer writers workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. Featured readers: Joseph Kelty, David Jibson, Edward Morin, Rainey Lamey, Lissa Perrin, Gregory Mahr, Dana Dever, and others.

Crazy Wisdom Poetry Circle
The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
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Ann Arbor's iZosh: Lifting Women Up Globally • Dr. Suman Tewari, Holistic Gynecologist
• Golden Fleece – Keeping You Warm and the Planet Cool • The Art of Sangchen Tsomo •
The Whimsical World of David Zinn • Forest Bathing and the Kindness of Trees

The winter issue of *The Crazy Wisdom Community Journal* is here! With articles on holistic practitioner Karlta Zarley, Healing Writer's Block Through the Mystery School, Cashiering as a Spiritual Practice, and more! You don't want to miss it!

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Slow Cooker Shakshuka

By Angela Madaras

Great for family potlucks and Sunday breakfast, or to leave at someone's door for a treat to warm the spirits of those who are isolated. This is one of my favorite breakfasts that several local restaurants, one of them being Sava on State street at Liberty make. I am pretty sure you can order for pick up, but you must reheat because it is best hot. Preparation time is 15 minutes but it cooks 2.5 hours and even a bit more for some. Plan to do some prep the night before so you can place it in the crock pot for a late morning brunch. This recipe serves six.

Ingredients:

1 Can 28 oz. crushed tomatoes with basil
2 Cloves minced garlic
2 Medium green bell peppers, chopped
1 Small chopped yellow or red onion
2 teaspoons ground cumin
1 teaspoon smoked paprika
1.2 teaspoon crushed red pepper flakes
1/4 teaspoon sea salt or pink salt
6 large eggs
6 Slices of bread (I like sourdough with this dish with lots of butter!)
½ Cup crumbled feta cheese
Chopped fresh parsley to garnish

Directions:

1. In a five to six quart slow cooker or insta-pot, stir the crushed tomatoes, garlic, chopped bell peppers, chopped onions, cumin, paprika, red pepper flakes and salt. Cook on high for 2 1/2 hours.

2. Slide in each cracked whole egg very carefully so it stays together and tuck it into the sauce. Cook on high for five minutes. Toast and butter bread while eggs cook.

3. Plate the sauce-egg mixture and add the feta cheese to the top along with parsley. Serve toast on a separate plate covered with a towel to keep it warm.

Enjoy!

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The Crazy Wisdom weekly Calendar

Energy and Healing

Pure Spiritual Healing Course - Virtual Training • Saturday, Feb. 2 • 2:30 p.m. • Unconditional Love and Professionalism ~ the ideal combination for a caring Healer. Healing energy comes from a loving Infinite source and empowers those who receive it to take responsibility for themselves. We will begin this training virtually and consider whether we are able to shift to in-person. If we need to stay virtual, we will cover the first two of five modules over 20 half day training sessions. $1,100 for the first two modules. Contact Self Realization Sevalight Centre for Pure Meditation, Healing, & Counselling at 517-641-6201; info@SelfRealizationCentreMichigan.org or www.SelfRealizationCentreMichigan.org.

Teen Mental Health

Milan Youth Counsil Presents: Self Care Saturday • Saturday, Feb. 6 • 12 p.m. • Join us online for this three-hour wellness retreat, facilitated by teachers, mentors & entrepreneurs from the Milan community. Self-care is more important than ever before & while we know times are tough, we have an opportunity to slow down and get in touch with our needs, to listen to our body & to learn a new hobby, passion or skill. We will be presenting various yoga, meditation, arts & food workshops to spark joy and create community while at home. Visit our facebook page for description of workshops.

Love and Relationships

Creating Your Ideal Mate with Karen Greenberg • Sunday, Feb. 14 • 1 p.m. • Identify your Ideal Mate's qualities (as I did so to manifest my mate of over two decades) and enhance these with the richness of the group input. Learn how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears and "deserving" issues, and to trust the Divine Order and Timing! $125. Contact Karen at 417-9511; krngrnbg@gmail.com or www.clair-ascension.com/.

Living Love Project with Michael Oliver • Sundays • 11 a.m. • Learn about living and sharing love in fun, achievable ways... using wooden hearts to share world-wide. Free. Contact Michael at 313-819-7567; michael@mindtation.com or mindtation.com.

Meditation

Zen Meditation with JissoJi Zen Ann Arbor practitioners online • Sundays, Jan. 31, February 7 • 11 a.m. • Zen meditation in the tradition of Shrunyu Suzuki, founder of San Francisco Zen Center. Instructions are available by request, the group meets on Zoom every week, Ceremonies rotate according to the Buddhist calendar. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.Free. Contact the Weber Center at 517-266-4000 or www.webercenter.org.

Nature Bath with Amanda Anastasia • Sundays, Jan. 31 and Feb. 7th • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: $33-$77. Contact Amanda at amahessling@gmail.com or www.joypriestess.com.

Movement and Dance

Zoom Ann Arbor - Toledo First Friday Dances of Universal Peace • Fridays, Feb. 5, Mar. 5, Apr. 2 • 7 p.m. • Dances of Universal Peace, moving meditation, will be led on the Zoom platform to guide personal meditation and dance, while keeping dancers safe. The Dances of Universal Peace, dubbed Sufi Dances, were created in the 60s by Samuel Lewis and celebrate mantras of the world religions. Donation welcome. Contact Judy at 419-475-6535; jltrautman@sbcglobal.net or https://sites.google.com/view/a2-toledodup/home.

Personal Growth

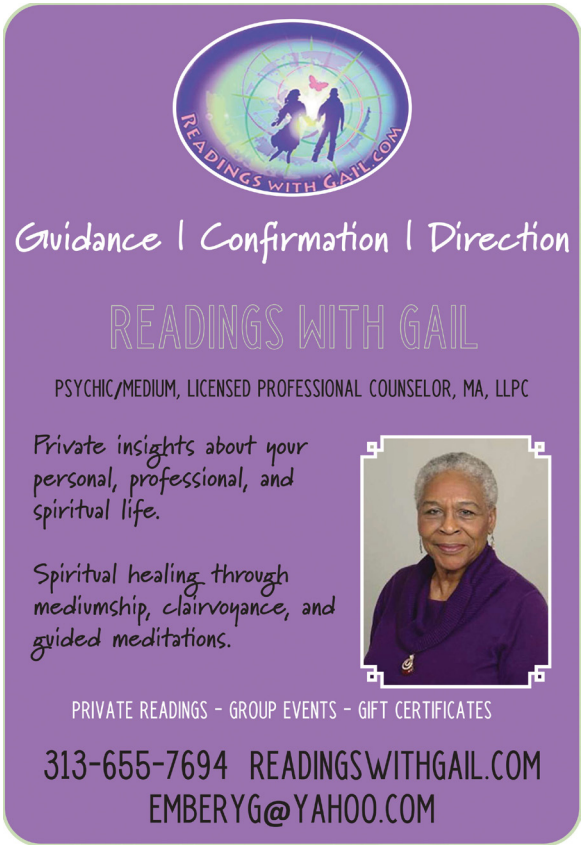
Healthy Boundaries with Karen Greenberg • Sunday, Jan. 31 • 12 p.m. • Learn how to define "Healthy Boundaries" for and with yourself, and how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. $55. Contact Karen at 417-9511; krngrnbg@gmail.com or www.clair-ascension.com/.

Spiritual Development

Unveiling your Divine with Susan Billmaier • Saturdays, Feb. 6, Mar. 6, Apr. 3 • 3 p.m. • A landscape usually is viewed from one vantage point. What if you could expand that view that embraces a number of perspectives and possibilities? During this course, Wasentha will help to guide you in your process of discovery. You will learn to identify the colors, shapes, and veils that have shaped your inner landscape. Using writing, sounding, and art you will unveil parallel inner landscapes that will be foundational to developing a ritual to bridging the potential of living a life vibrating at a more divine frequency. $150. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute

Writing and Poetry

Writing and Healing with Susan Billmaier • Sundays, Jan. 31, Feb. 7, 14, 21, 28 • 7 p.m. • Sacred Writing is a simple, powerful, loving approach to spending time with Self and All That Is. In class circle, you will receive this small gift and learn techniques to be in each moment and to deepen. There are three parts to the class: ways and practice of sitting in the present moment, sacred writing itself, and reflecting on our experiences and process. All Sacred Writing is private—it is for nobody but you. Together, we will co-create time and space for sharing our experiences of Sacred Writing and for inspiring each other and ourselves. $135. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.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Lifelines Workshop with Susan Billmaier • Wednesdays, Feb. 10, 17, 24 • 7 p.m. • Looking backwards, we can trace the threads of our lives and begin to see, with gratitude and awe, our unique tapestries. Look! There are your colors, spirit, love, lessons, epiphanies—all you have co-created! Simple Lifelines and deepening techniques—focused on Self and Soul desires and needs—are creative and powerful tools for self-understanding, synthesis, and healing. Come join a small circle of introspective souls. Let's engage in deep soul play. $81. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Yoga

Yin Yoga Workshop • Friday, Jan. 22 • 5 p.m. This four-session livestream Yin Yoga workshop targets deep connective tissues between muscles and fascia throughout the body for increased circulation in the joints and improved flexibility. These virtual workshops are held on Fridays at 5 p.m., beginning Jan. 22, 2021. Subsequent classes are Jan. 29, Feb. 5 and Feb. 12. Advance registration required. Cost is $160. Imagine Fitness & Yoga is a full-service fitness center that specializes in developing the strength, flexibility and balance essential for a healthy lifestyle. Call 734-622-8119 or email: imagine@imaginefitnessandyoga.com to register, or visit them online to learn more.

Mindful Yoga for Depression and Anxiety • Tuesdays, Feb. 9-March 2 • 6:00-7:30 p.m. • Virtual Yoga and meditation class will include practies to calm anxiety, energize low mood, soothe social isolation and work skillfully with negative thinking. Suitable for beginning as well as experienced students. Combines LifeForce Yoga for Depression and Anxiety program with Mindfulness-Based Cognitive Therapy program. Join us to create new, resilient patterns of body and mind. 4-class session cost: $120. Contact Julie Woodward at jawh@comcast.net for more information.

Valentine's Day Partner Yoga • Sunday, Febe. 14 • 6 p.m. • Virtual partner yoga class via Zoom! Fun and romantic too. Esther and her partner Dave will demonstrate each pose. Any kind of partners are welcome, no yoga experience required. Tickets are $20 per pair until Feb 7 then $25. Contact Esther with any questions at Esther@esthersyoga.com. Register on at https://linktr.ee/esthersyoga.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

When it snows you have two choices: shovel or make snow angels.

Photo by Daniel Lincoln on Unsplash.